

30-DAY EMOTIONAL & ENERGETIC RENEWAL WORKBOOK

Your Daily Guide to Move from Heavy
& Stuck to Clear, Light, and Steady

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30-Day Emotional & Energetic Renewal Workbook

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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A Note from Fristy

Welcome, beautiful sovereign leader.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

If you are reading this, you are not new to self-work. You are emotionally intelligent, you've done the work, and you are a powerful creator. Yet, you may still feel a persistent state of exhaustion, heaviness, or anxiety.

This is often because you are operating from someone else's rhythm, not your own. Your energy is not failing; it's leaking.

This workbook is your practical, 30-day companion to restore your inner rhythm. We are moving you from the exhausting cycle of overgiving and burnout to the sustainable state of Clear, Light, and Steady presence.

You are here to reclaim your energy as sacred.

Yours in clarity and power,

Fristy Sato | Divine Feminine Leadership Initiator

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The Renewal Framework

This workbook is structured around a four-week energetic renewal cycle. Commit 15–30 minutes daily to this practice.

Week	Theme	Core Outcome
1	Clearing	Release energetic clutter, ancestral heaviness, and old emotional loops.
2	Re-centering	Return to body wisdom, emotional honesty, and inner safety.
3	Re-patterning	Install new, supportive beliefs and habits (NLP-style mental reset).
4	Re-emergence	Embody lightness, confidence, and gentle forward motion.

Your Daily Structure (The Renewal Rhythm)

Your daily practice follows this simple, grounding rhythm:

1. Ground (2 min): Breathe, feel your feet, name what you feel without judgment.
2. Reflect (10 min): Short journaling or NLP prompt.
3. Reset (5 min): Body or energy release (breathwork, shake, or Reiki sweep).
4. Re-program (5 min): Simple affirmation or visualization.
5. Integrate (3 min): One sentence intention for the day.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

Week-by-Week Guide

Week 1 – Clearing the Static

Focus: Making physical and emotional space by identifying and releasing what is not yours.

Daily Practice	Prompt / Action
Morning Prompt	“What burden am I still holding that isn’t energetically mine to carry?”
Energy Practice	While exhaling, sweep both hands down your arms and torso, imagining grey dust (old energy) leaving. Say: “I let go of what drains me.”
Evening Reflection	“What felt lighter today? (Focus on the feeling, not the task.)”

Check-in (End of Week 1): What emotional clutter did I clear? What still feels heavy? What helps me feel **lighter** fastest?

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

Week 2 – Re-Centering in the Body

Focus: Rebuilding internal safety, embodying softness, and returning to the body's wisdom.

Daily Practice	Prompt / Action
Morning Prompt	"How does my body say 'yes' to alignment? How does it say 'no' to exhaustion?"
Mini-Practice	Place one hand on heart, one on belly. Inhale: "I return to myself." Exhale: "I am safe to be here." Repeat 7 times.
Evening Reflection	"One boundary I respected today (energetic, time, or physical)."

Check-in (End of Week 2): Where did I feel most safe this week? How did my body guide me? What pattern of **over-giving** did I notice?

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

Week 3 – Re-Patterning the Mind

Focus: Belief and language rewiring. Changing the internal narrative that supports struggle.

Daily Practice	Prompt / Action
Morning Prompt	“What thought kept looping yesterday? Is it absolutely true? What kinder, more truthful sentence could replace it?”
Re-programming	Write and repeat aloud three new sovereign statements: 1. “It’s safe to succeed without struggle.” 2. “Ease is productive.” 3. “I can create wealth and stay grounded.”
Evening Reflection	“Evidence I handled a situation differently today. (Proof that my new belief is working.)”

The belief that ease and money are incompatible is a core block to sovereignty. To fully dissolve this, [Visit our guide to Healing Your Feminine Wealth Codes](#).

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

Week 4 – Re-Emergence

Focus: Gentle action, embodied confidence, and anchoring your lightness into your leadership.

Daily Practice	Prompt / Action
Morning Prompt	“What part of me is ready to be seen and supported today?”
Energy & Embodiment	Take 3 slow breaths, lengthening your spine. Visualize a golden thread from heart → sky → earth. Say: “I’m guided and supported in all I build.”
Evening Reflection	“One proof that I’m already growing into the leader I’m becoming.”

Check-in (End of Week 4): What rhythms or rituals keep me balanced? What kind of leader/woman am I becoming? My next aligned step (small, clear, doable).

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

Optional Practices Library

Use these simple techniques throughout the month when you feel overwhelmed or drained.

Practice	Instructions
10-Breath Reset	1. Inhale through the nose (count 4). 2. Exhale through the mouth (count 6). 3. After 10 rounds, whisper: "I return to now."
Quick Energetic Sweep	Using both palms, brush 5 times down each arm and leg. Visualize grey fog leaving and soft gold energy returning.
Timeline Glimpse	Close your eyes. Imagine floating above your week. Notice one memory that still feels heavy. Send compassion to your past self there and say: "You did your best. I'm taking it from here."

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights.

Day 30: Final Reflection

Set a timer for 10 minutes and write freely:

- “This month taught me...”
- “The energy I’m ready to carry forward is...”
- “What I’ve learned about ease, safety, and trust is...”

Finish by placing a hand on your heart and saying: “I’m proud of the quiet work no one saw. I’m lighter, clearer, and ready for my next chapter.”

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights.

Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

Your Next Sacred Step

You have achieved **Emotional and Energetic Renewal**. You have cleared the leaks, reset the programming, and anchored a rhythm that supports your greatness.

The final step is to translate this powerful, newfound stability into your largest container—your life, leadership, and legacy.

This is the sustained, high-level transformation we anchor inside the **THRIVE Feminine Leadership Immersion**.

If you are ready to make this state of **sovereign ease** the permanent operating system for your monumental impact, this is your invitation home.

[Apply Now for the THRIVE Feminine Leadership Immersion](#)

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

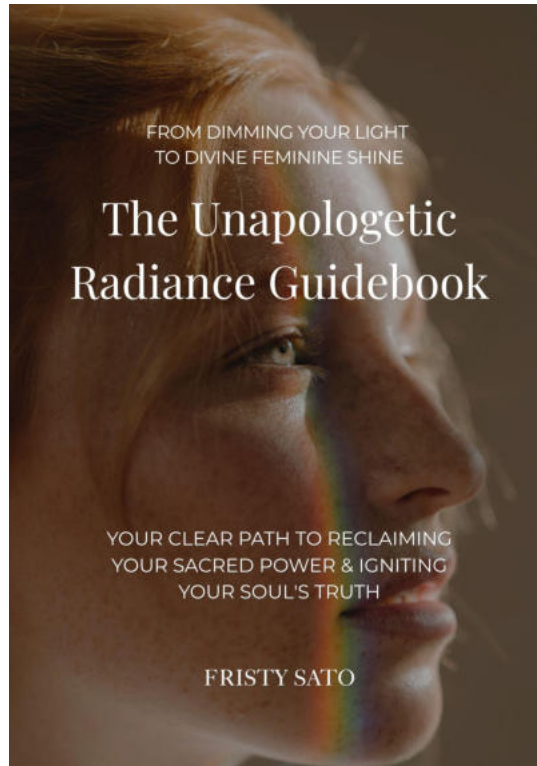
Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy [HERE](#).

Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy [HERE](#).

A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.



About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires



You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy [HERE!](https://fristysato.my.id)

What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

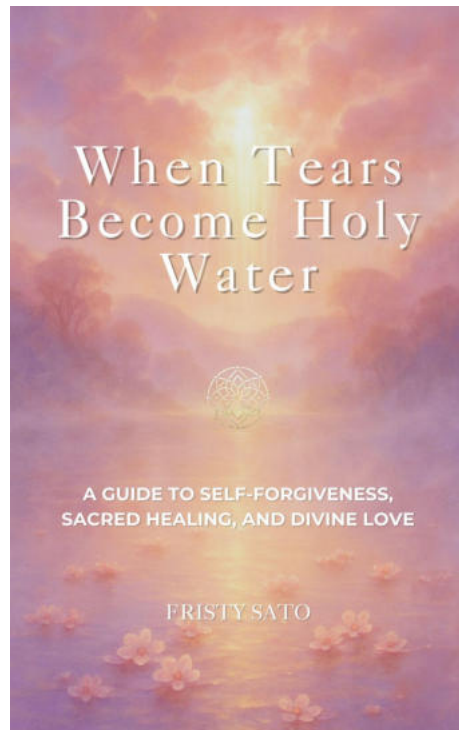
"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy [HERE!](#)

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading *When Tears Become Holy Water*. Fristy's words felt

like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

Your Path Forward

Connect with Fristy on Social Media:

Instagram: [@fristysato](https://www.instagram.com/fristysato)

Medium: <https://fristysato.medium.com/>

LinkedIn: <https://www.linkedin.com/in/fristysato/>

X: <https://x.com/fristysato>

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: <https://www.fristysato.my.id/>

Discover the full [THRIVE Method™](#) from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: <https://www.fristysato.my.id/>

Instagram: [@fristysato](https://www.instagram.com/fristysato)

Medium: <https://fristysato.medium.com/>

LinkedIn: <https://www.linkedin.com/in/fristysato/>

X: <https://x.com/fristysato>

May your radiance shine forth with clarity and purpose. The world awaits your light.